

## **Pati Vero: Dance/Fitness Instructor**

Pati has been a lifelong lover of dance. She has dabbled in many styles from ballroom to Balinese, but she is most proficient in Polynesian, Oriental (belly) dancing, and Latin (Zumba).

**HOT HULA FITNESS:** Pati's love of Polynesian dance grew during her nine-year residence in Honolulu, HI. Missing Hawaii very much after her return to New England, she got involved with a local halau (hula dance group). That was in 1990 and she has been dancing hula and other Polynesian dance styles ever since! She is the co-founder and director of a Polynesian dance group called the Hula Aloha Dancers, a group that has been bringing authentic Polynesian dance shows to the Boston area and New England for the last 12 years.

For info on Hot Hula Fitness: ([www.hothulafitness.com](http://www.hothulafitness.com)).

**BELLY DANCE:** Pati has also been a belly dance performer and teacher since the 1980's. She began her professional career in Honolulu, HI where she was a featured dancer in several restaurants for many years. She continued to dance upon her return to New England, and currently performs primarily for private parties, and occasionally at local restaurants/clubs.

**ZUMBA:** In 2009, Pati was introduced to Zumba, and it was "love at first step." She received her Zumba Basic certification in 2010, and now she can be found teaching in area health clubs and for Concord-Carlisle Adult & Community Education. Pati is also an official Zumba Gold Instructor.

**Other Certifications:** AFAA Primary Group Exercise certification, Bender Training Academy - Bender Barre Method, and CPR/AED & First Aid

When she is not dancing up a storm somewhere or another, Pati enjoys spending time with her two daughters and also with her small, furry black dog (who also loves to dance) at her home in Concord, MA.

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